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SOYA PRODUCTS IN SCHOOL LUNCHES

Have you tried using soya products - soya flour and soya grits - in school lunches? If not, get acquainted with these plentiful, protein-rich foods now. They are handy, low-cost products which can be used to step up the protein content of noon meals, especially important when meat supplies are short.

Because of their protein content, soya products are listed with meat, fish, eggs, dried beans and peas, nuts and peanut butter in Group Five of the "Basic 7". Not only is their protein of the same high quality as that of meat, eggs and cheese, but these foods are a real bargain in other food values too. They contribute B vitamins to the diet - important for steady nerves, good appetite and general well-being. They also take credit for being inexpensive sources of iron and calcium. In fact, soya products, like the soybeans from which they are made, far outrank other dried beans and peas in food value.

Meeting the Standards of Type A and B Lunches

To fulfill the meat or meat alternate requirement of Type A or Type B lunches, soya grits or flour are usually used in combination with other protein-rich foods. The complete protein requirement of a Type A lunch may be met by using half the amount of meat, fish, cheese or egg called for in the standard for this lunch type and approximately  $1\frac{1}{2}$  tablespoons of soya grits or flour per serving. Similarly, the full protein requirement of a Type B meal may be met by using half of the amount of another protein-rich food called for in the standard for this lunch type and approximately  $2\frac{1}{2}$  teaspoons of soya grits or flour per serving.

If desired, the full protein requirement of a Type B meal may be met by the use of soya products, in which case, approximately  $1\frac{1}{2}$  tablespoons per serving are required.

Some Hints on the Use of Soya Products

Soya flour, finely ground, is best used in breads, cream soups, sauces, sandwich fillings and similar dishes. Soya grits, somewhat like cornmeal in texture, is best in meat and fish dishes, omelets, vegetable casseroles, and other dishes calling for a more coarsely ground meal. Either product may be used in some soups and puddings.

Here are some important things to remember in using soya products:

1. These products give an added lift to the flavor of bland foods such as white sauces.

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FEB 20 1945

2. Dishes made with soya, brown more quickly with a richer brown and crisper crust.
3. Dishes made with soya usually require more generous seasonings.
4. Soya flour and grits are "thirsty" foods and fairly drink up moisture. For this reason soya recipes call for more liquid than standard recipes.
5. Soya products cannot be used to take the place of wheat flour in thickening sauces or gravies, nor can they be used as the only flour in bread-making. They lack the necessary starch or gluten for such uses.
6. There are two kinds of soya flour on the market--full-fat and low-fat. Low-fat flour is made after all, or nearly all, of the oil is taken out of the treated bean. Soya grits are a low-fat food.

Quantity recipes for many soya dishes will be found in "School Lunch Recipes" (Misc. Pub. No. 537 USDA). In these recipes soya products have been used to extend meat or another protein-rich food or to supplement the food value of vegetables or other foods by the addition of soya protein.